

**THE EFFECTS OF CHILD SEXUAL ABUSE TO THE PERSONALITY
DEVELOPMENT REFLECTED IN JAYCEE DUGARD'S *A STOLEN LIFE*
(2011)**



PUBLICATION ARTICLE

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MUHAMMADIYAH UNIVERSITY OF SURAKARTA
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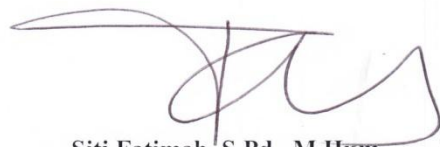
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IN JAYCEE DUGARD'S *A STOLEN LIFE* (2011)

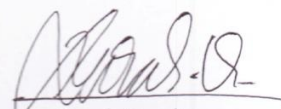
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Surakarta, 29th of June, 2016



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ABSTRAK

Penelitian ini tentang pelecehan seksual anak dalam *A Stolen Life* (2011) Jaycee Dugard yang dianalisis menggunakan pendekatan psikososial yang dikemukakan oleh Erik Erikson. Tujuan dari penelitian ini antara lain untuk mengetahui cara si tokoh utama mengalami pelecehan seksual, respon si tokoh utama terhadap pelecehan seksual, dan alasan mengapa si penulis membuka pelecehan seksual kepada publik. Penelitian ini bersifat kualitatif. Data utama penelitian ini adalah *A Stolen Life* (2011), riwayat singkat Jaycee Dugard. Data sekunder penelitian ini bahan-bahan dan referensi-referensi terpilih yang berhubungan dengan pembelajaran. Ada beberapa kesimpulan dalam penelitian ini. Pelecehan seksual anak dapat dilakukan sebagai sebuah rutinitas dalam dua cara yakni pelecehan kontak dan non kontak. Pelecehan kontak terdiri dari sentuhan, penetrasi, pemerkosaan, dan masturbasi. Itu dilakukan secara langsung. Sedangkan pelecehan non kontak dilakukan secara tidak langsung seperti memperlihatkan konten pornografi atau melalui serangan verbal. Biasanya respon korban terhadap pelecehan seksual dibagi menjadi tiga tahap. Tahap pertama merupakan respon awal yang meliputi tujuh perasaan; malu, takut, lucu, terkejut, tidak berdaya, secara polos aneh, sulit untuk mengerti. Tahap kedua merupakan respon yang terus berlanjut; ingin dilepas, mengekspresikan kesedihan melalui tangisan, berkorban, khawatir dengan kehamilan, merasa bingung. Tahap terakhir adalah respon terakhir ketika korban sudah dewasa; memberontak, sabar, berpikir secara positif, memohon pada pelaku supaya tidak meninggalkan korban, tidak banyak bertanya, dan merasa lega setelah tidak mengalami pelecehan. Ada enam alasan mengapa si penulis membuka pelecehan seksual kepada publik yakni meningkatkan kesadaran, mengambil pelajaran kehidupan, merasa mandiri, kebutuhan untuk berbagi, dan sikap positif.

Kata kunci: Anak, seksual, pelecehan, *A Stolen Life*, psikososial

ABSTRACT

This research is about child sexual abuse in Jaycee Dugard's *A Stolen Life* (2011) which is analyzed using Psychosocial Approach proposed by Erik Erikson. The objectives of this study are to find out the way the major character was sexually abused, the major character's responses to the sexuality abuse, and the reasons why the author opened sexual abuse to the public. This research is a qualitative research. The primary data of this research is *A Stolen Life* (2011) Memoir of Jaycee Dugard. The secondary data are some selected references and material related to the study. There are some conclusions in this research. Child sexual abuse can be done in several ways such as being done as a routine, in contact and non contact abuse. Contact abuse consists of touching, penetration, rape, and masturbation. It is done directly. While non contact abuse is done indirectly like showing pornographic content or in oral. Usually the victim's responses to the sexual abuse are divided into three steps. The earlier step is the first time responses which involve seven feelings; embarrassed, scared, funny, shocked, helpless, innocently strange, and hard to understand. The later step is continuous responses; wanting to be released, expressing sadness through tears, sacrificing, being worried about pregnancy, feeling confused. The last step is final responses when the victim is already adult; rebelling, being patient, thinking positively, begging the perpetrator not to leave the victim, not asking anything much, and feeling relieved after not being sexually abused. There are six reasons why the author opened the sexual abuse to the public such as raising awareness, taking lesson about life, feeling independent, need for sharing, freedom of expression, and positive attitude.

Keywords: Child, Sexual, Abuse, A Stolen Life, Psychosocial

1. INTRODUCTION

A Stolen Life is a memoir written by Jaycee Dugard in 2011. The memoir was published by Simon & Schuster, Inc. It was written based on her true story when she was kidnapped in age of 11. A man named Phillip Garrido raped her repeatedly until having two daughters, fed her improperly. Jaycee spent 18 years in sadness, living in a backyard at the home of Garrido and his wife, Nancy Garrido. They treated her unwell and also forbid her to contact or interact with outside world. She was deeply depressed, fearful, lonely, and unloved. Jaycee escaped from that place in August 26, 2009, when security officers from UC Berkeley conducted a background check on Phillip Garrido and found out that he did not have records of children. Phillip and Nancy

Garrido were arrested in August 26, 2009. It was more than 18 years after she was kidnapped, eventually Jaycee was able to meet her mother, Terry Probyn.

The memoir is very inspirative for human to survive even in the most difficult situation. Child sexual abuse which occurred to Jaycee can be an important learning for society especially parents. It can be a serious problem influencing personality development of human.

I find some previous studies before writing research. There are two persons who have studied the memoir previously. Bonnie Hanson and Siregar Hairani Julianti have created before this research. Both were using the same book, but using the different issue. The first research was written by Bonnie Hanson in 2013 from University of Wyoming with title "*Child-Like Voices: Relating Trauma in A Stolen Life and Room*". On that research, Bonnie Hanson concerned about the relating trauma between *A Stolen Life and Room*. The second research was created by Siregar Hairani Julianti in 2012 from Medan State University with title "*An Analysis of Reference in Selected Chapters in The Novel A Stolen Life By Jaycee Dugard*". Siregar concerned about the reference in selected chapters in *A Stolen Life* on that research. Based on the review above, the previous studies are different with the research created by me. I try to conduct the study on Jaycee Dugard's *A Stolen Life* with the *the effects of child sexual abuse to the personality development* issue and based on the psychosocial perspectives. In this study, I analyze child sexual abuse reflected in this memoir. The similarity between this study and previous studies is using *A Stolen Life* memoir (2011) as data source.

Child sexual abuse can be described as exploitative sexual activity involving children and adolescents who are developmentally immature that actually is not understood by them because family roles social taboos limit their knowledge about sexual education. It is usually done repeatedly by the same or different perpetrator and occurs in all of society class, age, commonly the youngest age, from infancy to adolescent, boy and girl (Meadow et al. 2007: 42).

The effects of child sexual abuse (Meadow et al. 2007: 44) take place in a very long term and even for a lifetime. The consequences children get: violence experience, pregnancy, murder, emotional effect, trauma, and many more.

2. RESEARCH METHOD

I use the qualitative method in this research to comprehend the memoir. These points are divided into five. Firstly, the types of this study is descriptive qualitative to describe the effects that has been divided into three parts in problem statement. Secondly, the object of this study is divided into two, formal object and material object. The formal object is child sexual abuse. The material object is the memoir of *Jaycee Dugard's A Stolen Life* (2011). Thirdly, the primary data source is *A Stolen Life* memoir of Jaycee Dugard and the secondary data are some selected references and material that relates to the study. Fourthly, there are two methods of data collection used in this case; observation is used to make the analysis by reading the memoir a lot and repeatedly to comprehend the memoir, library research which involves some procedures. The last, the technique of data analysis is descriptive. It means I interpret the memoir and content to get the needed data. This data will be used to analyze the effects of child sexual abuse to personality development using psychosocial perspective.

3. FINDING AND DISCUSSION

3.1 Main Finding

In this chapter, I formulate the way Jaycee was sexually abused, Jaycee's response to the sexual abuse, and the reason of why she opened the sexual abuse to the public based on the memoir.

3.1.1 The way Jaycee was sexually abused

Child sexual abuse can be described as exploitative sexual activity involving children and adolescents who are developmentally immature (Meadow et al. 2007: 42). It is usually done repeatedly by the same or different perpetrator and

occurs in all of society class, age, commonly the youngest age, from infancy to adolescent, boy and girl (Meadow et al. 2007: 42).

3.1.1.1 Being done as a routine

Sexual abuse that happened to Jaycee was made by Phillip as a routine. It means he did it in many times and repeatedly whenever he wanted. It seems like Phillip had a serious sex problem and he thought that by doing it, Jaycee could heal him.

He looks at the time and he says it's time to have sex. (ASL: 53)

3.1.1.2 Getting Contact Abuse

Contact abuse consists of flattery, touching, something related to abuser's oral and genital contact with reproductive or sexual thing from a child. After being kidnapped, Jaycee was asked to go to the bathroom. Phillip also asked her to stand there and took off her clothes. If she did not take off her clothes, Phillip would do that. Then he got himself naked. He wanted her to touch his vital body heartlessly and forcefully.

When we arrive at the bathroom in this stranger's house, he closes and locks the door. The shower is running and the strange man says that he wants me to take my clothes off. He pulls down my pants and takes off my shirt. The man says to touch it. (ASL: 17)

3.1.1.3 Getting Non-Contact Abuse

It is done indirectly and kind of pornography like showing pornographic image, film, and video (Meadow et al. 2007: 43). Before having sex, Phillip tried to look for a video that showed a little girl wearing short. He did that to inflame himself because only a little girl could increase his desire more.

He also flips through the channels on the TV. He says he's looking for anything with a little girl with shorts on. (ASL: 53)

3.1.2 The author's responses to the sexual abuse

3.1.2.1 The first time responses

3.1.2.1.1 Feeling embarrassed

Phillip asked Jaycee to take off her clothes. That was the first time for her to be naked in front of a guy who was still very strange for her. Automatically she was so insecure. But then she obeyed his instruction by standing there.

I am very self-conscious of my body. I am naked and very embarrassed.
(ASL: 17)

3.1.2.1.2 Feeling scared

Jaycee did not have an idea why Phillip asked her to take off the clothes and why Phillip was naked. Her innocent mind told her that something wrong would happen even though she could not describe well what it was. So she was automatically scared and certainly followed by nervous feeling.

I am too scared to move, my body is shaking, so I do what is easy: I just stand there. In spite of myself, I smile, sometimes I laugh when I'm nervous; I don't mean to, it just comes out. (ASL: 17-18)

3.1.2.1.3 Feeling funny

At the first time she considered it innocently by thinking that it was a funny thing. Although she was fearful and also nervous, exactly she wanted to laugh at him. She thought the kidnapper was a crazy and weird person just because she felt strange with the thing she was asked to do.

I glance real quickly and want to start laughing in spite of my tearfulness. His private part looks so funny. The man says to make it grow. In my mind I think this man is crazy. This is the strangest weirdest man on the planet!
(ASL: 17-18)

3.1.2.2 Continuous Responses

3.1.2.2.1 Wanting to be released

Jaycee exactly wanted to scream and be released after Phillip sexually abused her, sobbed, and said thanks to her because she had helped him solve his sexual problem. Actually she did not want to help him at all. She just had realized that Phillip was a selfish man. He seized Jaycee from her family such as her mother who she needed and loved the most. He did many disgusting things to her. She hated it but she was always powerless and could do nothing.

I hated what he was doing to me, but I felt helpless to do anything about it. When he would cry afterward and "thank" me for helping him with his sexual problem, I wanted to yell and scream to please let me go. I didn't want to help him with anything. I have come to realize that Phillip Garrido is and was a very selfish man. He took me away from my family. From a

mother that I loved with all my soul and I still needed desperately. He did disgusting things to me. (ASL: 144)

3.1.2.2.2 Expressing her sadness through tears

Sadness was one of the response which Jaycee could express the most. When she was asked to do something she did not want to, actually she became angry. But she was the type of girl who could not show her anger by being angry in front of people. Her anger usually came into tears. Her tears could give a meaning that she was angry too, besides she was very sad at the same time. Although she was very angry or sad in one moment, she still felt fearful to express that. Phillip seemed like bring many pressures to make Jaycee obedient. So when he asked her not to cry, she would try harder not to cry in front of him because she did not want to make him angry especially when they were having sex.

On the outside all I let go is a few tears. I'm afraid he will see me crying and become angry. He has already told me not to cry because it will interfere with his fantasy. I'm trying so hard not to cry. (ASL: 52)

3.1.3 The Reasons Why the Author Opened the Sexual Abuse to the Public

3.1.3.1 Raising Awareness

In the early page of the memoir, Jaycee directly told readers about her purposes of making a memoir which is fully her very sad and tragic sexual abuse story. She wanted to inspire people so they could speak out when they saw something which was wrong around them. Many of them sometimes who spoke the truth were not totally listened. Jaycee persuaded people to treat the people who spoke out well. Jaycee showed her disappointment to the society and the police who was failed during 18 years in finding her. She felt the society's concern was not massive. Most of them saw something only from outside, not from inside deeply. So they could not know what really happened inside. She thought that perhaps she was not the only victim, but there were also many people were same like her but they chose not to speak out or they already spoke out but they were not totally listened.

My goal is to inspire people to speak out when they see that something is not quite right around them. We live in a world where we rarely speak out and when someone does, often nobody is there to listen. My

hope is that society changes in regards to how we treat someone who speaks out. I know I am not the only child to be hurt by a crazy adult. I am sure there are still the families that look great on the outside, but if someone were to delve deeper they would discover horrors beyond belief. (ASL: x)

3.1.3.2 Lesson about life

Jaycee motivated herself by being grateful for what she already had. She focused on some people who she really loved and cared about. The emotional ties which she had with these people gave her a strength to survive and be positive. She thought that everyone was lucky. Her life experience precisely made her mature and wise. For her, by being grateful for something or someone, she felt enough. She would not try to look for something she did not have. Automatically she was happier and easier to enjoy her life even in the most difficult situation. She finally could accept her sad experience because this hardest experience opened her mind and changed her to be wiser than before. So she did not worry about her past anymore.

I am so lucky and blessed for all the wonderful things that I do have. Life is too short to think about all the things you don't have. I had my girls to give me strength and my cats to keep me warm at night and, perhaps deep inside, the dim hope of seeing my mom again. Even if it is just one thing or person you have to be thankful for, that is enough. Yes, I do believe I'm lucky. (ASL: xii)

3.2 DISCUSSION

Since *A Stolen Life* (2011) memoir tells the main character's story when she was 11 until 29 years old, the analysis will focus on three stages based on Erikson's psychosocial theory (Gunarsa, 1982: 108-114).

Firstly I would like to discuss industry and inferiority stage. This stage happens in 5 years until 13 years, child realizes their need to have a place in their group. They get skills and abilities to develop self confidence. When they can be able to do something productive, they will get a confession in environment. Something which they do to be productive has same meaning with industry. But if they are failed to do that, the inferiority will occur.

Based on the analysis, Jaycee got contact and non contact abuse as a routine. It is something should not happen to everyone especially who is under the age of 18. Psychologically, the sexual abuse creates many responses. Besides, she did not allow to go anywhere except only living under Phillip's intimidation. In this case, there was nothing she could do to increase her self-confidence of producing something productively. These things led her to have inferior feeling. Thus, Jaycee belonged to inferiority in this stage.

After that, we go on to identity vs role confusion stage. This stage happens in 13 years until 20 years. Physical maturity is growing. It can be followed by psychological change. Unstable thought starts growing. In this adolescent stage, there are several questions come out. Who I am. What I will be someday. It is not totally easy to be answered directly. If they really know themselves, what they should and will do, when they have to do, it means they know their identity and role in society. If they do not, they will be in role confusion.

When an individual enters adolescent period, a massive change occurs physically growth and maturity change. Jaycee should have been entered this stage as it had to be. But the previous analysis shows that she gained contact and non-contact for the first time before gaining menstruation. Jaycee's responses to the sexual abuse brought her to trauma which influenced her identity in the future. In fact, she had to face the reality for giving birth baby at the age of 14 and 17.

Since she belonged to inferiority in the previous stage, it was harder for her to answer several crucial questions in herself such as what her role in society was and what she would become in the future. What she knew about herself at this time that she was not more than a teenager who was kidnapped years ago and became a mother of two daughters who lived under of depression. The sexual abuse she gained led her to role confusion.

The next stage is intimacy vs isolation. This stage happens in 21 years until 39 years. This stage happens when an individual gets a chance to participate in society life. The achievement has been obtained, preparation of choosing a right partner to live together in marriage, as husband and wife. To obtain the intimacy

through marriage, there is emotional crisis such as isolation. It creates fear of being single, alone, or being separated with partner.

Since in the previous stages Jaycee belonged to inferiority and role confusion, automatically this made her more difficult to reach intimacy category. The sexual abuse she gained and her responses to this thing obstructed her to evolve and be productive. The productivity itself is the next step to create identity in the society. Jaycee did get any chance to participate in society life and there is nothing achievement which she could reach. Her relationship with Phillip only created trauma. All she wanted was having freedom, being able to meet people she loved, and being able to take care her children in a good way. In this stage, Jaycee belonged to isolation.

Jaycee has courage to open the sexual abuse to the public through her memoir, *A Stolen Life* (2011), because of several reasons such as raising awareness, lesson about life, feeling independent, need for sharing, and freedom of expression. It shows when she became adult especially after being found, her life experience precisely made her mature and wise. But after being free from the abduction, Jaycee slowly belonged to intimacy because even though she did not have partner to marry, she already had family and friend whom she really loved. The fear of being separated with them was erased.

Indirectly she had remedied the failure of the previous development stages by doing some positive things such as writing a book, being a member of JAYC Foundation, going to psychologist and therapist. When she wrote a book, it means that she had changed inferiority crisis to be industry because she had improved her skill at writing. It was a productive thing she did. Being an author who often appeared in television program and her opened mind to the public led her to be well-known in society. She would have a bright prospect in the future. So the question of 'who I am' and 'what I become someday' time by time would be answered. From the productive things she did, she knew her role in society as an inspiring woman. The role confusion crisis changed to identity. Finally she could pass the stage in positive way and reach the positive development stages though she did that at age 29. A good environment brings her to a better life.

I get the conclusion that age does not guarantee the development of one's personality. What matters the most is whom one's surrounded with. It also means that psychosocial totally impacts to individual thought, behavior, and of course, development of one's personality.

Because the story Jaycee wrote was based on her true life, it has described all of Jaycee's psychology condition during living in sadness with Phillip for a long period of time. She was totally pressured and unhappy. Phillip took control her life. He dominated every single Jaycee did, said, and even thought about something. She was not brave to share what on her mind about anything was. What she did always wrong on Phillip's eyes. Her psychological condition indirectly pushed her to share what on her mind only through diary, but after being free from Phillip she decided to write a memoir which is full of her own view point as Jaycee character.

4. CONCLUSION

Based on the analysis in the previous chapter this study comes to the following conclusion.

Firstly, child sexual abuse can be committed in several ways such as being done repeatedly, in contact and non contact abuse. Contact abuse consists of touching, penetration, rape, and masturbation. It is done directly. While non contact abuse is done indirectly like showing pornographic or in oral.

Secondly, the victim's responses to the sexual abuse are divided into three steps. The earlier step is the first time responses which involve seven feelings; embarrassed, scared, funny, shocked, helpless, innocently strange, and hard to understand. The later step is continous reponses; wanting to be released, expressing sadness through tears, sacrificing, being worried about pregnancy, feeling confused. The last step is final responses when the victim is already adult; rebeling, being patient, thinking postitively, begging the perpetrator not to leave the victim, not asking anything much, and feeling relieved after not being sexually abused.

Thirdly, there are six reasons why the author opened the sexual abuse to the public such as raising awareness, taking lesson about life, feeling independent, need for sharing, freedom of expression, and positive attitude.

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